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Rollins wins re-election, will continue as SGA president

BY KAYLA PERRY

Andy Rollins has been re-elected as the SGA president for the 2013-2014 year.

The vote total was counted and publicly revealed at approximately 3 a.m. on the morning of March 22, and placed Rollins 47 votes higher than his closest competitor, McKenna Rose Elsasser, who finished with 306 votes. Kimberly Hempell, the third presidential candidate finished the election with 145 votes. More than 800 SGA students voted.

Rollins said he was happy to get the nod to represent the students again next year.

"I'm happy that students wanted me to come back for a second year," said Rollins. "I'm ready to get all of these plans going, and continue the progress that was made throughout the year so far."

Rollins is confident that his experience over the past year will help him in the upcoming year, adding: "it's going to be really easy to hit the ground running." Because of his experience over the past year, Rollins is happy that there will be "essentially no learning curve."

First on Rollins' list of plans is the realignment of the SGA, which would organize the services the SGA offers. A major part of this realignment will be the re-organization of the main office itself.

According to Rollins, the services that the SGA offers have been expanding over the years and the realignment next year will help to better organize the organization.

The second part of the realignment is the president's plan to open and create a "V Desk", a desk that will focus on the

"external parts of the SGA" such as buying and picking up event tickets, making claims, and organizing meetings with the executive. Rollins said that the desk will "free up a lot of time for the advocacy (of students).

"The desk will be a one-stop-shop service, rather than students waiting in the office for fifteen minutes to buy tickets," explained Rollins.

The V Desk will replace the series of vending machines beside the SGA office, and will be up and running when students return for September.

Over the summer, the president and the executive will also work to organize frosh week. "The school doesn't turn off during the summer: the administration is still going," said Rollins.

During his first year as president, Rollins made changes to the campus that included adding food to the pub menu, and beginning the Healthy Living Initiative. He also helped forge to university's relationship with Ontario Northland Bus Services and the Canada Post, he added.

The returning president is "so excited to work with Iain (the VP of Services) again and to start working with Mark (the VP of Issues). The team assembled for next year is on the same page, and want to help the student body in every way possible."

Rollins added: "It's going to be an awesome year, and the students should be excited. There are a lot of good things in store next year."

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Photo by Zara Golafshani

SGA President Andy Rollins works in his office. He won re-election as president in March for the 2013-2014 school year.

Mancini wins VP issues job for 2013-2014

BY MATT RABEY

The SGA executive will have two of the same faces representing students next year and one new one: Mark Mancini.

Mancini competed for the position of vice-president of student issues with senator Chris MacCullough.

"I am very excited about the election results and the team that the voters chose," stated Mancini. "We are all in agreement and on the same page about the direction the SGA has taken in the last year, and the need for progress to continue."

Mancini was a senator for two terms and the president of the Laurentian University Political Science Association.

"In my three years at

Laurentian, I have had the pleasure to work with large numbers of students in various capacities," said Mancini. "As a Senator for two years, I advocated for SGA students, As President of the LU Political Science Association, I had the pleasure of advocating for Political Science students all across the university."

Mancini has also done volunteering at Laurentian University being a part of the group of students who camped out for a week in front of the J.N. Desmarais library.

"I had the privilege of being part of a great Live-in for Literacy team," said Mancini. "Where we raised thousands of dollars for educational projects in underdeveloped countries."

He is optimistic for his

upcoming term in office and has an ambitious agenda that he plans to carry out.

"I am looking forward to carrying out an agenda that focuses squarely on direct, frontline issues that affect students everyday: transit, dealing with cuts to programming, and strengthening advocacy clubs," said Mancini.

To improve transit, Mancini wants to look into arranging for taxi companies to offer flat rates to and from university for students.

"At other universities," said Mancini. "Deals have been struck with cab companies to establish flat rates for students going to and from the university. This makes a lot of sense to me, and is something

that I would like to investigate for Laurentian students."

Laurentian University is experiencing cuts especially in the arts department and Mancini believes that it is important for the SGA to take a role in helping to protect and defend these departments.

"I want to stand up for departments under the stress of cuts," said Mancini. "Many of these are in the arts, but the effect is felt all over. I want the SGA to take a more active role in standing up for these departments, by advocating to the administration on the collective behalf of students in the departments."

Part of strengthening advocacy clubs, Mancini wants to enact a cross-organizational advocacy council between

Laurentian University's current advocacy groups.

"We have great organizations on campus," said Mancini. "Like Pride and the Women's Centre that do amazing work on behalf of students. I want to bring them together in a cross-organizational advocacy council, to co-organize events and, in some, cases, advocate together."

In order to do this, he will be working with the returning executive of Andy Rollins and Iain Park, who were re-elected in their respective positions.

"I know Andy and Iain will be great partners to have as we continue to work on behalf of the students," said Mancini.

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Park wins third term as VP services of the SGA

BY MATT RABEY

Iain Park has been re-elected as the Vice-President of Services for a third term.

Park was competing with David Kvelashvili for the position.

Throughout Thursday night's count Park remained ahead in the vote with the final count being 507 for Park to Kvelashvili's 283.

"I would like to thank everyone who voted in the election," said Park. "I would like to thank my family, friends and co-workers for being so supportive over the past two years. I love my job and I'm honoured to continue serving my constituents."

As this is his third year in office, Park took time to reflect on his first two terms

in office and shared his thoughts on some of the highlights.

"Well if we go from the start," said Park. "The thing I'm most proud of is implementing off campus events. Which was previously a misunderstood insurance issue. I cleared that up over the summer once I took office."

Park was also responsible for the Dean Brody Frosh concert, which had 1900+ in attendance including 1100-1200 Laurentian students, the largest in Laurentian University history.

The concert raised \$30,000 for the SGA, which allowed for the largest club budget in Laurentian University's history.

"With that money," said Park. "We were able to increase club funding by 45% to each of the 28 ratified clubs on campus."

Park was also the first VP Issues to throw off campus SGA events with the first one being at the 1500.

"Adventure Club at the fifteen was the first off campus show, said Park. Which is sort of a story of how it has been at the SGA ever since."

Park has more planned for next year than just concerts including redrafting the SGA constitution.

"I look forward to working with Andy (Rollins), Mark (Mancini), and Charles (Wilson) in undertaking the restructuring of the SGA constitution. As I've said, there is more to my job than concerts. One of my main priorities is to expand our coffee club to the Ben Avery and in the process, create more student jobs"

Park is looking forward to the upcoming school year and is excited to be working for the students.

"The union is experiencing an exceptional amount of growth," said Park. "I look forward to growing with the union, and assuring that the SGA has a structure to accommodate this growth. I look forward to working with Andy, Mark, Charles and our membership to accomplish this."

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A few things to expect from your SGA executive

LAMBDA STAFF

It's common for students to neglect elections and politics, in general.

Really, it's common for Canadians to neglect these things too. (In the last federal election, 61.1 per cent of Canadians voted.) Despite the typical pessimism that comes around election time (in terms of voter turnout), the people who came out to vote should be thanked. Good on you to take the direction of your school, and your union, into your own hands.

More than 800 students voted, which is nice to see.

Now then, who has the population elected? Who is representing the SGA next year?

Good questions.

The students have chosen to re-elect Andy Rollins as president, and Iain Parks as VP Services. Park is serving his third

consecutive year in office, and Rollins is serving his second.

Park is a staple in the SGA crew, he puts on shows that sell out, attempts to please the students and gets droves of people out to vote for him every year. There is no surprise in him winning, he campaigns hard, and he apparently gives the students what they want. Three wins in a row is a statement.

Andy Rollins is in charge of the SGA for the second year running. He faced some tough competition for the job of president, but he prevailed (just like last year). That is a testament to his campaigning skills, and to how the students feel about his year in charge.

His experience this year will only serve to make him a better president, and there is no question the students will be looking for big things next year.

The only new, incoming SGA

executive member is Mark Mancini. He is far from being a stranger in the SGA, having served as an SGA senator and having been president of the Laurentian University Political Science Association.

For those familiar with the SGA, Mancini's win bodes well for the organization. If anyone can strengthen the organization's policy and keep the union focused, it's that man. Just look at his body of work for LUPSA this year, it's proof of his impact on anything he touches.

Next year holds promise for the SGA, much in the same way this year did. The difference is, instead of entering into a year of change and "moving forward," the SGA will be looking to have some sort of year-to-year stability in leadership for the first time in years.

Stable politicians are like NHL stay-at-home defencemen

(sorry for the hockey analogy): when they are doing their job and things are going to plan, you probably won't notice them. And, when they end up in the highlight reels, you hope they are on the right end of the clip.

Rollins will be logging major minutes next year, and the SGA fanbase (population) will be hoping for big things. Ten times out of eleven, stability and composure will win the day. Rollins, as those who've spent time around him know, is a pretty composed guy.

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SGA fee for students will increase next year

BY MATT RABEY

At the last Student's General Association (SGA) board meeting of the school year, the SGA board voted to increase SGA membership fees.

Currently, every student in the SGA pays \$62 per school year and as of Sept 2013, this will increase to \$65 per student.

"This brings us in line with other full time student associations on campus," said Charles Wilson, Executive Director of the SGA. "But we will still be the lowest, by far, full time undergraduate student association in the province."

This will be the first time that SGA fees

will increase since 2001.

This is reasonable, according to Wilson, who gave an analogy to illustrate why this is a necessary increase.

"Let's say you're buying a basket of goods in 2001 for \$62. You would not be able to get the same basket of goods today for \$62. The SGA works the same way."

This increase is moderate, according to the consumer price index (calculated by the bank of Canada), because if the student fee accounted for inflation it would be \$78.10 by next year.

"The reality is, things don't get cheaper," said Wilson. "If you look at things like our

insurance, for example, all our operations and all our clubs are covered by that policy. Last year it was around \$12,000, which actually is a deal at that price. This year was about \$13,500 and next year it is going to be about \$14,500, so that cost keeps going up."

With this increase in fees, more money will be available for student services.

"Our clubs is a prime example of things that are going to need more money," said Wilson. "People do expect the SGA to provide a lot of services and [there] needs to be an adjustment of fees to keep up with that. We've been providing over the

last ten years to do more with less."

The Laurentian University SGA fee increase will also help to offset the cost of membership with the Canadian Federation of Students (CFS).

Currently, membership with the CFS is \$15.40 per student, but will be increasing to \$15.62.

With the rise of inflation and cost of the services, Wilson says that the fees increase "is something that plain and simply needed to be adjusted."

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Sexual climate survey attracts attention on campus

BY LIANNA PISANI

The Sexuality and Gender Diversity Climate Survey distributed to all Laurentian students, staff and faculty in April 2012 has been attracting attention, especially after being presented during Pride Week in association with the Women's Centre last month.

The survey was conducted by The Committee on Sexuality and Gender Diversity, which "aims to take a proactive approach to ensuring that Laurentian is institutionally and culturally a nurturing and welcoming place for gay, lesbian, bisexual, trans, two-spirit, and queer (LGBTQ2S) students, staff, and faculty."

Dr. Jennifer Johnson, a Women's Studies professor on the committee, explains how the committee was founded and what issues gave rise to the need for this committee.

"The committee was formed about two and a half years ago now, out of interested staff, students and faculty from all over the university... People started getting together around the question of problems that they were having in the university, facing discrimination," says Dr. Johnson.

Psychology professor Dr. Joel Dickinson is a committee member who noticed inaction on campus. She explains that the committee had the desire to change the environment on the Laurentian campus, and initiate action being taken to do so.

"Students were feeling like they had to fight for themselves. For any minority group, in a majority- it shouldn't be up to them to create the action of change. We thought that as faculty members, maybe we could formalize things, and create action as a majority, as opposed to the minority," says Dr. Dickinson.

In order to bring the issue up to LU Administration, the committee made the decision to gather qualitative and quantitative data to support what Dr. Johnson believes they knew anecdotally.

"[Dr. Joel Dickinson] and a couple other committee members really led the development of a climate survey that was based on another national survey that had been done by EGale Canada... The survey was adapted for the university environment, and was carried out last summer," Dr. Johnson says.

A former student of Dr. Dickinson, Scott Goldstein, began much of the groundwork in adapting the survey. The committee also ensured that anyone could fill out the survey, whether they are straight, or identify as gay, trans, bisexual, queer or two-spirited. The survey featured both closed questions where respondents had to select a response, and opportunities to offer qualitative feedback.

The committee received 438 responses, and presented on the top three results.

"The first is that 21% of LGBTQ2S

students reported feeling uncomfortable [at the highest level] due to the way people perceive their sexuality on campus, and 12% said they felt uncomfortable due to their gender expression," says Dr. Johnson. "Qualitatively, people would say things like, 'I consider myself out, but I don't talk with anybody about it.' That means that person is coming to school everyday being who they are, but unable to speak openly about their family, their friends, their partner, what they did on the weekend..."

These results were also demonstrated through the other two major findings.

The second major finding was that 18% of LGBTQ2S respondents reported verbal harassment due to their sexuality, and 16% reported verbal harassment due to their gender identity. The third major finding presented was that almost 10% of LGBTQ2S respondents said they don't have a single person on campus they can talk to, and 21% of all respondents would be uncomfortable talking to a professor about LGBTQ2S issues.

Dr. Johnson explains that these statistics mean students may not feel comfortable going to health services, going to counseling, and feeling like they may not be safe in those spaces. There was also an overwhelming request for more support for Pride LU and the Women's Centre. Changes need to be made on

campus in support of both students and staff members.

"If you're experiencing that each and every day, and you have no one to talk to, and you're not seeing yourself reflected on campus, how is that an inclusive environment? How does homophobia not exist if that's the environment we're having, if that's how certain students are living their experience here?" asks Dr. Dickinson.

The committee believes that the LU community can feel more comfortable in beginning to have conversations about LGBTQ2S issues, and they are compiling information on how to improve the LU campus over the next for years. Some improvements which can be made on the university campus include gender neutral washrooms and locker rooms, says Dr. Johnson, but the committee will continue working on long-term plans and major improvements that can be made in the future.

Dr. Johnson hopes that the conversation will only continue to grow and open up because of the work and research conducted by this committee.

"We're putting that word out into the community, that we are there to support and to discuss in an informed way that people need to take responsibility. If you notice [intolerance] in your faculty, in your classroom, now is the time to speak up."

A beginner's guide to the SGA

BY KAYLA PERRY

The Students Government Association is a crucial part of Laurentian University. However, not many students actually understand how the SGA works, what it does, and how it can help benefit students.

The SGA has existed at Laurentian for 44 years. Its primary mission is to provide "representation for students by students," as it states on the SGA homepage. The SGA as a whole is meant to not only deal with individual student issues, but to also meet the needs of students, in many different ways.

A crucial thing that students must know about the SGA is which executive position handles what, so that students can make the best use of the SGA whenever needed.

This article will act as a guide to the SGA, in order for students to get the best schooling experience at LU.

First and foremost, the SGA begins with its president, who for the last school year, and the next school year, will be Andy Rollins.

The president's responsibilities include strategic direction, executive coordination, policy

direction, and student advocacy on an individual basis.

"I oversee a lot of things that the SGA does" explained Rollins. "I'm the person that helps out with student advocacy – if a student comes in and they need help or are having issues with professors, etc., I have confidential meetings with students to help them sort through the problem."

Rollins also sits on many different committees within LU, such as the Campus Modernization Committee and senate. According to Rollins, the position of president greatly involves "talking to people, and trying to figure out what is best for the students in every facet."

Rollins stated that the SGA's main purpose is "to be a union that is there 100 percent for the students, to improve the quality of life."

If students had an issue and wanted to set up a meeting Rollins, they could either message the president over Facebook, or simply walk into the SGA office.

Aside from the president, there are two vice presidents. The vice president of services continues to be held by Iain Park. The position entails dealing daily

with event coordination, club policy and frosh events.

A large part of the VP of services responsibility is frosh week – this includes organizing the event and making sure everything ran smoothly.

This year, Park was responsible for bringing Dean Brody to the frosh week concert, as well as bringing the sale of Red Bull to the Coffee Club and increasing club funding. The VP of services position is one that uses its own budget to organize events – a budget that is replenished by the events the SGA holds.

"Over the summer, I look forward to working with the office and its board members, to restructure our constitution so that our growing membership can be effectively served," Park said in a previous interview.

The next position that is crucial for students to know in the SGA is the vice president of issues, a position that will be held by Mark Mancini in the upcoming school year.

Mancini will mainly deal with campus advocacy, and national and provincial issues advocacy.

"My job is mostly to be the main person who deals with on-

campus issues that we face at Laurentian," said Mancini.

The VP of issues deals with issues students may have with transportation, academic matters, and even working with clubs in conjunction with the VP of services.

However, over the summer, Mancini will be working to change the position's responsibilities.

"I would like to transform (the position) into dealing with some of the direct on-campus issues that we face," said Mancini. "There is a lot of long-term planning that I'd like to do."

The executive director of the SGA can be known as the president's right-hand-man. Charles Wilson, who has held the position since April of 2011, is "mostly in charge of the political side of the SGA."

The Executive Director's position is one that deals with finances, administration, risk management, and contract management. Wilson's position focuses on the political side and the operational side of the SGA.

"Without Charles, we would have been very disorganized," said Rollins. "He's the solid rock (in the SGA)."

Below those positions is the job of the Office Coordinator/ Director of Membership Services. This position deals with the "front line staff, health plans, insurance claims, and general inquiries." The Office Coordinator can be found in the front desk of the SGA office.

The Project and Technology coordinator of the SGA is the position that deals with website maintenance and planning and graphic design of the website. This coordinator also runs the SGA's social media.

Finally, the last position in the SGA is the Frosh Coordinator. The Frosh Coordinator's job is to plan frosh week events in cooperation with the VP of services, organize tent days, and coordinate volunteers.

The SGA has approximately 4,500 full-time members, and has been a part of LU since 1960. Sixty-two dollars of every student's tuition goes directly towards the SGA, to be used for clubs, bus passes, and student services.

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Two SGA senators ratified to sit on senate for next year

BY KAYLA PERRY

The senators for the 2013-2014 school year will be Carolyn LeBlanc and Casey LaLonde.

The vote count totalled at 466 'yes' votes for LaLonde, and 524 'yes' votes for LeBlanc.

LeBlanc, who did not stay up until 3 a.m. to see the final vote count but checked in the morning, was "proud" to see the results.

"With yes-no votes it was nerve-racking," said LeBlanc, "so I was very much relieved when I saw that everything was finished and finalized."

LeBlanc's first course of action as senator will be to "see the implementation (of Laurentian's change from webmail to Gmail) go through smoothly."

LeBlanc had previously attempted

to contact the administration about the transfer of webmail into Google mail. "An issue I had suggested (for the switch) was for the email transfer to be to Live, for many different reasons. I received a response the other day, saying that (the administration) chose Google, essentially because Google offered a better price, which is completely understandable from a business standpoint."

Over the summer, LeBlanc will be working to "address issues that arise." According to LeBlanc, each of the senators will work on their own "projects."

In regard to how LeBlanc will juggle her school work and her SGA position, LeBlanc stated that "it puts a little bit of pressure (on me.) A student can only sit on so many boards in the senate – and so with limited students, obviously there are going to be limited students that

can sit on each board. And that will be unfortunate."

While there are three senator positions in the SGA, only two of the three original candidates were ratified this year; the third senator will be elected in a by-election in the fall.

Senators of the SGA shall, (as stated in the SGA/AGE Constitution) represent the membership of the SGA at the University Senate, present to the SGA board the upcoming and past business of the University Senate, prepare a written report on every committee they are required to sit on, promote and participate in the SGA activities and services, and more.

Casey LaLonde was not available for comment.

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LU grad takes part in Sudbury's Film Industry

BY LIANNA PISANI

NOFS, Northern Ontario Film Studios, thrives in Sudbury's old Barrydowne arena. It is the new home to many large- and small-budget film projects, as well as the Laurentian grad and trained filmmaker, Wiliam Andrews.

Andrews studied the Rhetoric and Media Studies stream within the Department of English, which he believes propelled his love of film and desire to create art through film.

"While I was there, I had the chance to take Film Foundations with Hoi Cheu, and I had always had a love of film, but that crystallized that it's something I actually do

want to pursue and continue with in a meaningful way," says Andrews.

Though Andrews knows that he could have attended film school from high school, he has not regretted his decision to attend Laurentian, as it has made him the artist he is today.

"My degree helped crystallize that [film] was my way of communicating with the world," he says. "I matured while I was at Laurentian, and found my writer's voice while I was there."

Andrews recommends his academic path to "anyone who wants to be a storyteller," rather than just a film technician. As an artist, Andrews hopes to be

just that— a storyteller.

"The stuff that I want to make is somewhat literary... I care about stories as much as I care explosions, blood and gore," Andrews says.

After Laurentian, Andrews attended film school, and began his career in Toronto. He worked on small, student-driven projects, including volunteers projects, about a dozen short films, production work on feature films, and even car commercials and music videos. These projects helped Andrews learn set etiquette, and communication on set— skills which Andrews says are gained in the industry as opposed to in school.

Throughout his career,

Andrews has been working on his own projects, as well. The difficulties of any filmmaker are getting those projects into production.

"I've done four shorts of my own since film school, and I've been writing pretty constantly. I've got projects that I want to get off the ground," Andrews says. "You have to pick a project that you know is going to succeed... I always say, 'Write a project that you're going to be able to finish.'"

Andrews has been suiting his recent projects to no-budget locations and actors, which helps him ensure that he can finish what he starts.

Working at NOFS has given

Andrews great opportunities to work on bigger budget films, gain more experience on set, and gain production and directing experience. He is currently the Head of Operations in terms of day-to-day activities, and assists the producer when NOFS works on film projects.

His main career goal is to become a director, and he plans on submitting films to festivals with the hopes of truly making a name for himself in the film industry.

"If I'm on a movie set 14 hours a day, I can always do 16. I'm very happy to be working in this industry."

Students can experience teaching English as a second language

BY MATT RABEY

On April 2, Oxford Seminars held a presentation to inform attendees about upcoming Teaching English as a Second Language (TESL) courses.

Shannon Luomaranta was the representative from Oxford Seminars who said to those who were interested, "for those who want to travel, teaching English is a great way to make money while you do that."

Luomaranta was in Japan for two years teaching English and said it was one of the best experiences "if I didn't want to come back to school, I'd still be over there."

The next course will be held at Laurentian University on May 4, 5, 11, 12, 18, and 19.

The course costs \$995; this

includes all course materials, teaching resources, full access to the Global English as a Second Language (ESL) Schools Directory and Graduate Placement Service.

The course teaches students the techniques to teach English to people of all backgrounds regardless of if the TESL teacher knows the language of the country or not.

To illustrate how this is possible, Luomaranta tells how for the first lesson of the course she teaches in Finnish and pretends not to speak English.

She says that with time people are able to learn from this lesson.

Luomaranta then went on to explain the requirements for ESL teachers is different depending on the country

that the teacher wants to go to.

For example, The United Arab Emirates (UAE) requires ESL teachers to have a graduate degree as well as a TESL certificate, whereas most South American countries only require the TESL certificate.

Luomaranta also went over the pay for ESL teachers and how it varies greatly depending on the country.

For example, in Germany, the pay averages 1500 to 2400 Euros (\$2000-\$3200 Canadian) compared to China, which pays 4000 to 11000 CNY (\$650-\$1800 Canadian).

While these two sets of numbers are very different, one must keep in mind that the cost of living is higher in Germany as opposed to China.

Accommodations also vary greatly

depending on the country as some countries provide accommodations while others merely assist ESL teachers in finding them or in some cases, leave the ESL teacher to find a place to live on their own.

Luomaranta then covered contract lengths, which can vary greatly with Germany on one end of the spectrum being the only country to have freelance contracts and UAE on the other end with a 1 to 2 year contract requirement.

There are 48 countries to choose from.

For more information, visit Oxfordseminars.ca.

Laughlin presents on new athiests and world religion

BY WILLIE POLL

On Tues. March 19, Dr. Jack Laughlin gave a presentation at the university of Sudbury titled "World Religions Discourses Turned in on themselves: Why the new Atheists hate the Laurentian Federation". There were a few reasons given as to why new atheists "hate the Laurentian federation," or would hate the Laurentian federation if they had heard of it, according to the presentation.

"First, almost all of the new atheists that I read are what I would call secularism absolutists," Laughlin said. "They can't abide an arrangement like the Laurentian federation in which public money funds institutions with any sort of religious affiliation."

Laughlin makes it clear that he does not wish to categorize people under this "new atheist" umbrella but rather

use the label in means of organization.

"With the new atheists I am observing anthropological subjects, this presentation is my latest step in developing methods for doing so," Laughlin said.

According to Laughlin, the new atheists are almost creating their own religion, in a way that they are grouped together and completely against religion.

"I call them the prosthetytizing atheists because much of what they write is the flip side of what they are criticizing." An audience member said. "One of the commitments we make in philosophy is an epistemic commitment, that we keep questioning even our own deepest assumptions and it seems to me that one of the hallmarks of new atheism as compared to the old atheism is how

un-philosophical and how profoundly un-self reflective it is and how self deceptive many of the atheists seem to be in that they seem to have made the same kind of faith commitment to their particular scientific or liberal world view as the commitment they assume religious people make to their system."

Laughlin appears to agree with much of this statement, and continue to explain that the new atheist hate when these claims are made. The topic turned into a very controversial topic, which followed with a question and answer period lasting for over a half an hour, and only brought to an end due to time conflictions. The topic brought religious people, philosophers, atheists, students, and professors together to discuss a highly controversial topic. Although

many subtopics were brought up, Laughlin states that "I intend merely to draw attention to some way that the new atheism creates a system of anti religion which marginalizes the strategies for the interpretation of religious phenomenon that we employ in religious studies in the endeavor to be fair to religious persons and the evidence of religiosity we encounter not as religionist or apologists but as careful scholars."

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Medicine bag workshop takes place at LU

BY WILLIE POLL

On March 27, Amy Shawanda, the social events coordinator for the Indigenous Student Circle organized a Medicine bag making workshop. There were numerous students who joined in to participate in the workshop, and learn about its traditional uses as well as leave with their new medicine bag.

"One of the benefits of making the medicine bag is its portability," Shawanda said. "The traditional use is using one the medicines in time of need such as approaching an elder, or giving

an offering."

The workshop was organized as part of a Northern Directions project for one of Shawanda's classes.

"My project had 3 phases of Mino Biimadiziwin (living a good life)," Shawanda said. "The first was 'Healing' and I organized talking circles for the month of January. The second phase was 'Cleansing' and had a sweat lodge ceremony in Atikimeshing First Nation. The third aspect was 'Maintaining' your journey. The medicine bag workshop was to create a travel pouch of

the four medicines which are sage, sweet grass, tobacco, and cedar. The material along with other sewing requirements was provided by Annette Crisco (the Vice-President of the ISC). The medicines were donated by Shkagamik-Kwe Health Centre."

When making a medicine bag numerous things are involved such as cotton fabric, thread, scissor, sewing machines, ribbon, and most importantly the medicines. Many people also choose to add items that are important to them and have a sacred meaning to them such

as a necklace from someone important, or even a stone that they found which has meaning to them. The medicine bag is a very personal item, and making a medicine bag is not only making something physical but is also a spiritual event. The sacred medicines, which were used within this medicine bag workshop, were sage, tobacco, sweet grass, and cedar. Sage is often used in a According to the Dancing to Eagle spirit Society, smudging ceremony, which is used to purify, or rid the area or self of negativity.

Tobacco has many uses such as prayers to the creator and offerings to elders as well as the earth. Sweet grass is used to purify the spirit, as well as bring about a calming effect and attracts goodness. Lastly the medicine bags included cedar.

Cedar has many uses such as healing ceremonies when used in cedar baths, or put into tea to clean the body of infection.

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When two won't do: a column on challenging relationship stereotypes

NORTH VANCOUVER (CUP)--

"Why is it acceptable in our society to love more than one sport with a passion? Read different books? Why is it acceptable to love more than one child?" writes Kendra Holliday, the leader of sex-positive website The Beautiful Kind. "Yet it's not okay to love more than one person romantically at a time."

Monogamy is by far the most common and accepted relationship in North America. It's dominantly portrayed in media, and is also the only legally recognized type of relationship. Although monogamy is arguably the default status of most relationships, it is not the only type of loving, committed, romantic relationship that exists. Among these types of relationships are polygamy, the practice of having multiple wives; polyandry, which means having multiple husbands; polyamory, referring to being in multiple relationships; and open or monogamish (a term coined by Savage Love columnist Dan Savage) relationships, which involve having sexual relations

outside the primary relationship.

Ryan* has been in polyamorous relationships since 2006, and explains that he had a lot of trouble in monogamous relationships in the past because he always ended up cheating. He is now in a happy, co-parenting relationship with his daughter's mother. "It's still a very close and caring relationship, but not one that has a sexual aspect to it, but still a very intimate relationship." Beyond that, "there is someone else who I am dating, and people who I see three or so times per week, and then there's also a few other long-term very-casual people in my life," Ryan explains. "It is very realistic, it is very doable, [and] it can be a completely satisfying way to live."

For Ryan, the idea of an open, polyamorous relationship makes more sense than monogamy, but because of monogamy being the societal default, it hasn't always been the obvious choice. He was raised in Abbotsford, B.C., and growing up his only exposure to any alternative to monogamy was Mormon polygamy. He explains that reading The Ethical Slut was

a real breakthrough, and he was liberated with the realization that, "I don't have to end one relationship to start another."

Bob Muckle, a professor of anthropology at Capilano University, explains that monogamy is actually not a "natural" evolutionary trait. "There are 300 species of primates and only a few that are monogamous," Muckle explains. "Increasing research shows primates may have one primary relationship and then have relationships outside of that," much like polyamorous relationships in humans.

Bette* had a "don't ask, don't tell" policy when she dated someone polyamorous. She found her relationship to be a challenging, yet positive experience. "I knew he was sleeping with other people. It didn't bother me in the slightest because it wasn't serious." However, "later on in the relationship it did start to bother me because he started to talk about other girls. I didn't want to hear that, you know?"

Being Bette's first open relationship, "there were a lot of

psychological aspects to it that I hadn't considered until I got into it."

Bette stresses communication in monogamish relationships is key: "Some people want to know everything, some not. You have to talk to each other and find out [if] what you're doing is cool." She constantly tread between the fine lines of how much information she wanted to know, and how much information was too much. Bette says if their relationship's rules and boundaries had been clear, the relationship probably would have ended much earlier because of the difference in relationships they wanted. As for couples experimenting with a monogamish relationship, Bette advises, "Maybe it'll work because you want to be sexually liberated and so does your partner, and it'll just make sense. On the other hand, maybe you'll discover you're not the kind of person for this relationship, this is why, and this is what you need out of your partner."

Despite an overwhelming feeling that monogamy wasn't

right for them, neither Ryan nor Marnie are expressly anti-monogamy. "I wouldn't say that one is more natural than the other or that monogamy is totally a socially constructed trap or anything like that," says Ryan. However, he adds, "I think there are potentially a lot of people who are monogamous because that's the default and that's what expected of them, and they don't see any representations of any other way to do it, either within their communities or on television or in movies – there [are] not a lot of positive portrayals of functional open relationships, and when there are, they're kind of these things that are doomed to fail."

A final word from Bob Muckle: "Don't make the assumption that monogamy is the ideal relationship form around the world. It's not."

*names have been changed at their request, to protect their identities.

Fashion: What makes a ‘hipster?’

BY LIANNA PISANI

Fashionisto: Anthony D'Alessandri
Program: Social Sciences, year 1

The term “hipster” comes up in popular media, and in everyday speech, usually to describe a person who has discovered music before everyone else, owns six cats, or wears thick, black-framed glasses— but what does “hipster” really mean?

Anthony D'Alessandri, a first-year student, has been given the label of hipster for his style of dress, all the while

receiving compliments for his fashion sense and confidence.

“I feel as though society tends to label things that are different than what the dominant society deems normal. I'd rather stand out and turn peoples heads than just dress like everyone else does. If having confidence in oneself determines when society labels you a hipster, then apparently I'm a hipster” D'Alessandri said.

D'Alessandri wears what can be considered trademark hipster items: a pair of canvas Toms shoes, and black-

framed glasses. Is this enough to warrant a permanent “hipster” label?

Labels of any kind can be offensive, but D'Alessandri said that he can accept the label when it comes hand-in-hand with a recognition of his simple, sophisticated style.

“It's not entirely offensive when I get called a hipster but I'd much rather be acknowledged for my sense of style than be judged by the dominant society. I get compliments every day on my sense of style so apparently I'm doing something right,” said D'Alessandri. “My friends call

me a hipster all the time. I know they are just kidding around but I've just learned to accept that that is my label if I continue to dress the way I do.”

In some ways, the typical hipster label seems appropriate, as D'Alessandri does not classify himself as someone who follows fashion trends. However, what is more important about his style is properly fitted clothing, and the mix of casual, simple, and sophisticated pieces.

Photos by Lianna Pisani

Anthony D'Alessandri poses at Laurentian University.



The SGA executive are the Avengers



LAMBDA STAFF

It's an obvious comparison for the SGA executive to be the Avengers.

Next year holds excitement and hope, as all new years do, or at least should.

So, who's who, you ask?

Well, perhaps this issue's heroes work better as a group.

Andy Rollins has already been the Hulk, Iain Park has been Deadpool, and Mark Mancini has been Iron Man in this very section before... But, for the purpose of this piece, the three will be compared to the Avengers, as a team.

Some days, Rollins will have to do his best

to lead like Captain America, and maybe some days he will have to adopt the strength of the Hulk.

Park will have to be ready to carry a large workload, similarly to Wolverine (who shares his time between the X-Men and Avengers) or Thor. This is nothing new to Park, who is used to the grind of student politics.

Mancini will be looking to show his worth from day one, much in the way Iron Man has and continues to do in almost every assembly of the Avengers, ever. He's a staple.

Illustrations provided by Marvel Comics

The Avengers are the most acclaimed and prestigious team in the Marvel Universe, bar none. They set the standard for superteams everywhere.

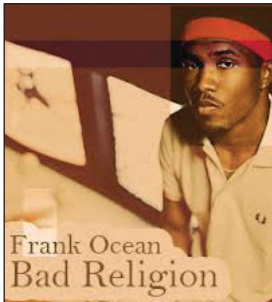


Lambda recommends...

Kayla Perry - Staff writer



City and Colour
Thirst



Frank Ocean
Bad Religion



Frank Turner
Recovery

Ron Guillet - Editor



The Dear Hunter
Shame



Naive Thieves
Le Sheik Rhat

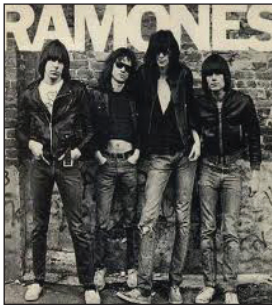


Stone Sour
House of Gold
and Bones

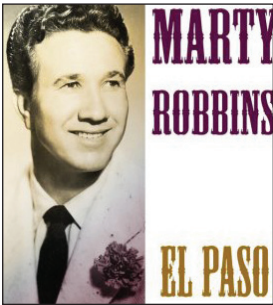
Casey Stranges - General Manager



Henry Mancini
The Big Blow
Out



The Ramones
Listen to My
Heart

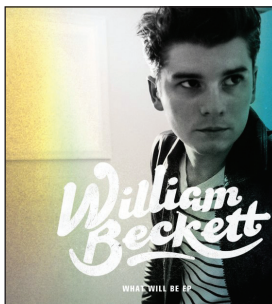


Marty Robbins
They're Hanging
Me Tonight

Lianna Pisani - Staff writer



A Rocket to the
Moon
Wild and Free

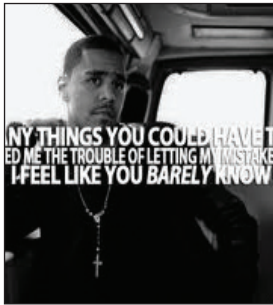


William Beckett
Dear Life



Zee Avi
Stay in the
Clouds

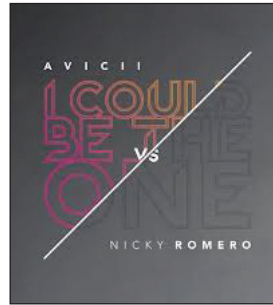
Ed Veilleux - News Editor



J Cole
Breakdown

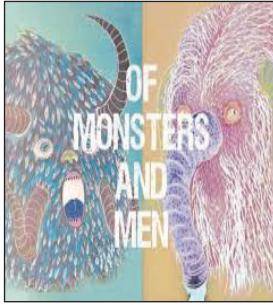


Dropkick Murphys
Johnny, I Hardly
Knew Ya

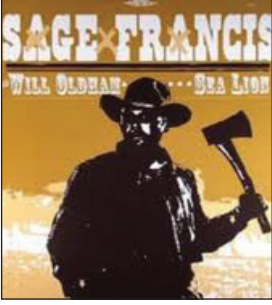


Avicii & Nicky
Romero
I Could Be The One
(Nicktim)

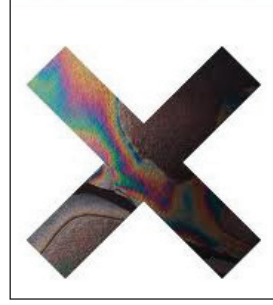
Andy Veilleux - Staff writer



Of Monsters
and Men
Little Talks



Sage Francis
Sea Lion



XX
Angels

Jones wraps up career as LU swimmer



Photo supplied

Emily Jones competed in her final season with the Aqua Vees this year.

BY RON GUILLET

The Jones family boasts a long line of competitive swimmers, the latest of which being Emily Jones of the Laurentian Aqua Vees.

"I grew up in a competitive swimming family; it was just the thing to do," Jones said. "Even my grandparents were competitive swimmers. Right away I was hooked and competing, always loving the thrill of competition and the urge to win."

Jones started swimming at five years old with the Orangeville Otters Swim Club. Now she is graduating from Laurentian University and has many accomplishments to show for her time here. She has competed at the Canadian Nationals, Pan Pacific Trials and the 2012 Olympic Trials, where she placed 25th in the 100m backstroke. She has also made the finals at Nationals and has been an OUA finalist every year, earning three bronze medals in the past two years. She qualified for CIS each year and has had four top 10 finishes in her career.

Jones said her experiences at the CIS championships are the highlights of her tenure with the

Aqua Vees. While the lack of her teammates by her side at the CIS championships was difficult to cope with, Jones said it is part of the development as a swimmer and knows her teammates were supporting her.

"Being the lone swimmer can be hard at times when other teams have their big teammates and support, but I have trained myself to not let that affect me, as I know I am just as prepared as anyone else," Jones said. "I had tremendous support from my coach Phil Parker at the meet, and at anytime throughout the season as well, which makes it easy to stay focused and prepared to race. I knew my teammates were proud and cheering for me back at home."

Jones said assistant coach Alain Delorme has helped her "focus my goals, and make sure I am breaking them down so I am able to achieve them, and not necessarily always focused on the time outcome."

Jones' inspiration in swimming has always been Canadian Olympic swimmer, Julia Wilkinson.

"Not only is she an awesome person, she is also a backstroker

like myself, and had a hard time dealing with her training methods, and nerves over the years," Jones said. "I found myself being able to relate to her, especially when reading her articles. She inspired me to focus my goals, and be able to become a better trainer."

Jones has been a volunteer coach with three different teams, the Orangeville Otters Swim Club, the Sudbury Laurentian Swim Club and the Headwaters Pentathlon Team for the past eight years.

"It is a great feeling to teach kids who look up to you, and want to be able to swim like you," Jones said. "I feel such a sense of pride and accomplishment, and hope only the best for the kids and their swimming career futures."

Outside of the sport, Jones' aspirations are focused on her academics and graduating from the Canadian Memorial Chiropractic College in the next four years to obtain her Doctorate of Chiropractic. Come June, she will graduate from Laurentian in the Sport and Physical Health Education program.

Morgan displays potential of LU wrestling

BY RON GUILLET

The moment Emily Morgan decided to become a wrestler was when she watched a movie on the sport and thought "that it looks like it could be fun."

Since then, Morgan has placed third at Central Western Ontario Secondary Schools Association (CWOSSA) and was named the female MVP at Saint John's College.

Morgan, 19, watched that movie in Grade 10 and, after deciding she wanted to hit the mat, collected some friends and searched for a new teacher representative to kick-start the program.

While Morgan is currently

invested in wrestling her passion lies in sports in general.

"It does not matter what sport I am playing," Morgan said. "I enjoy the idea of having a team to back you up and support you, but when it comes down to the actual match it is all on you and seeing how well you can handle that pressure."

Morgan recently finished her first year in the wrestling program at Laurentian University. She said the experience she gained in the last year has helped her develop alongside the program, which started two years ago.

"Our program here is good," Morgan said. "It is still developing but we have a solid team that

is committed to coming out to practice. It has helped me build more skill and be more diverse with my wrestling style. Since everyone comes from different backgrounds and skill levels our practices offer a lot of opportunities to improve and gain new knowledge and ways of doing moves."

Head coach Andy Lalonde has been vital to her development, said Morgan.

"Andy focuses a lot on having good technique and applying it to situational drills," Lalonde said. "That has helped me be more aware in a match of my options and what I can do to get out of bad positions, or capitalize on good positions."

While Morgan has enjoyed her year with Laurentian, her most memorable moment on the mat came at CWOSSA.

"It was held at my high school, and one of my first matches of the day ended up being during lunch so the gym was packed with students," Morgan said. "When it was my turn to wrestle all around the mat was surrounded by students that cheering for me. Lucky I won that match, but it was just that environment and having everyone around me cheering me on that I remember."

The Outdoor Adventure Leadership and Concurrent Education student hopes to continue her development as a

wrestler but has aspirations off the mat, too. Morgan hopes to become the Outdoor Education teacher at W. Ross Macdonald School in her hometown of Brantford, Ontario. Before she pursues that dream, however, she wants to take a couple years off working with an outdoor company to lead trips outside of Canada.

Ratte, Zeeman bring home hardware

BY LAMBDA STAFF

The Laurentian University Athletic department handed out its annual awards on Thursday, April 4.

Leading the way was rower Carling Zeeman, who won her second President's Female Athlete of the Year. On the men's side it was the third year in a row that a member of the basketball team took home the President's Male Athlete of the Year, as second year guard, Alex Ratté, had the honours. Jamie Weldon of the men's basketball team took home the lone Voyageur Award given out while Georges Serresse and Katie Maziarski earned the Investors Group Community Service Awards.

Zeeman, a Cambridge, Ontario native, in her fourth year at Laurentian, was a standout on the water in 2012-13. She carried her success from last season into September and continued her dominance of the university rowing scene. Zeeman continuously produced on the water, earning three Perkins Laurentian Athlete of the Week honours, being named an OUA All-Star, winning OUA Gold and Bronze, CURC Gold, winning the Senior Women's National Championship and being named to the Canadian national team for the first World Cup event of 2013 in New Zealand.

Ratté, a native of Ottawa, had a great sophomore season as he led the men's basketball team to their first winning record in over a decade and a second consecutive home playoff game. He was an OUA East Second Team All-Star, finishing second in the OUA in scoring with 20.9 points per game, while ranking second in the nation in field goals made. Ratté was a two time Perkins Laurentian Athlete of the Week and set a Voyageurs' record in mid-February as he poured in 42 points against York.

Sault Ste. Marie, Ontario native, Jamie Weldon, was honoured by receiving the Voyageur Award. This is presented to graduating student-athletes who have made outstanding contributions to their sport and Voyageur Athletics throughout their career. Jamie brought dedication to the Voyageur's basketball program that hasn't been seen in a while. An Academic All-Canadian, Jamie had to play against bigger stronger players and he always found a way to bring energy and intensity to the floor. Throughout his years at Laurentian, Weldon undertook numerous community activities from reading to an all-boys book group to running a basketball clinic in partnership with the Greater



Photo supplied

Alex Ratte and Carling Zeeman took home the Athlete of the Year awards.

Sudbury Police.

New to the awards stable this year was the Investors Group Community Service Award. A key partner of the Voyageurs, Investors Group takes great pride in their involvement in the community and this award will recognize those Voyageurs who wear the Blue and Gold with pride throughout the Greater Sudbury community and beyond. Receiving this year's inaugural awards were local athletes Georges Serresse and Katie Maziarski.

Throughout his years at Laurentian, Serresse has done numerous community activities from hosting clinics for local elementary schools to volunteering time at the "Blue Door" soup kitchen while Maziarski volunteers with Pet Save as a volunteer dog-walker and occasional foster home host, helps to run the Laurentian X-Country Challenge, has volunteered with the Terry Fox Run for the past 3 years, coached girls hockey at Lo-Ellen Secondary and has also helped coach their swimming and track & field teams.

Team awards were also handed out on Wednesday night in the

Fraser Auditorium. Here are the recipients from the various teams.

The men's wrestling team named Dylan Galloway their MVP, Ryan Karn Most Improved and Alex Aubin their Rookie of the Year.

The women's team gave MVP honours to Indira Moores with Emily Morgan garnering the Most Improved award and Samantha Demers the Rookie of the Year.

The women's soccer team named Lisa Watson their most valuable player, while Julie Lopez of Ottawa was Most Improved and Amy Fitzgerald was the Rookie of the Year.

The men's soccer team named OUA East First Team All-Star Matt George as the MVP, Stephan Jacques as the Most Improved and Omar Allison as the Rookie of the Year.

The men's lacrosse team honoured Rob Pollock as MVP, Jack Somerville was the Most Improved and Brad Gerrow was the Rookie of the Year.

In the water, it was Nicholas Lapointe named men's swimming MVP while Jamie Clock was the Most Improved and James Clendenning was the Rookie of the

Year.

The women named Emily Jones their MVP for the second consecutive year while Vanessa Watt was their Most Improved and Jessica Chambers was their Rookie of the Year.

For the cross-country running team it was Gracie Teztlafl taking home the Most Valuable Player, Alyssa Bedard earning Most Improved and Samantha Edwards won Rookie of the Year honours.

Indoors, the track team named Alicia Violin their MVP while Bedard was once again the Most Improved and Coralea Kappel was the Rookie of the Year.

The men's basketball squad named OUA East Second Team All-Stars, Manny Pasquale and Alex Ratté their MVPs, while Sam Hirst was named team Rookie of the Year.

The women's basketball team named OUA First Team All-Star, Sasha Polishchuk their Most Valuable Player while Jenna Davidson was the Rookie of the Year.

The men's golf team saw Scott Whalen win Most Valuable Player honours, Stephen Gonko claimed

the Most Improved and John Maely was Rookie of the Year.

The men's curling team led was led by skip, Dustin Montpellier as he claimed the MVP award. Michael Hachey was Most Improved and Ben Bradley was Rookie of the Year.

The women's curling squad named skip, Kendra Lilly their MVP while Renée Higgins was the Most Improved and Cassandra Rees was the Rookie of the Year.

The women's rowing team named Carling Zeeman their MVP and Emily Cunningham was the Most Improved while Jessica Harris was the Rookie of the Year.

On the men's side for rowing it was Dylan Wing taking home MVP honours while Kevin Amirault was Most Improved and Kevin McPhee was the Rookie of the Year.

Finally it was the men's and women's Nordic skiing squad. For the women, Candace Ball won team MVP honours while Jillian Mayhew was the Most Improved.

The men's Nordic Ski Squad was led by Petri Bailey who took home the MVP while Ewan Craig was named Most Improved and Jacob Porter collected Rookie of the Year honours.

Rabey's round-up: TFC must focus on playoff berth

BY MATT RABEY

Now, some may say that it is a little too early to be talking about the playoffs as the season just started, but in the case of Toronto FC, fans should be talking of nothing else.

Toronto FC has been around since 2006 and since then have accomplished very little.

In fact TFC holds records of the kind that nobody wishes they held, like worst start to a Major League Soccer season (nine straight losses) and team to have gone the longest time to not make the playoffs since their inauguration.

As salaries are capped in the league, the MLS also has a designated player rule.

This rule specifies that any team can have three "designated players" and pay them whatever they want.

This rule was put in place for two reasons.

The first being that the MLS did not want to suffer the same

fate as the North American Soccer League, famous for its financial collapse.

To draw attention to the league they bought some of the most expensive players in the world, Beckenbauer and Pelé to name a few.

This, however, was unsuccessful as North America is not Europe or South America, so the league collapsed from lack of attendance and overpayment of players.

The second reason for the designated player rule is that while the MLS is not a huge European League, they still want to attract high quality players (even if they are on their way to retiring) and to do that, the MLS needs to compete with European salaries.

For a time during the 2011-2012 season, Toronto was a leader once again in shameful statistics, one third of the League's designated players, and yet last place in both Eastern and Western conferences.

Records aside, Toronto FC has

also developed a painful reputation to have for any team, blowing the game in the last fifteen minutes of play.

Any fan of the team for a reasonable length of time will tell you that the thing that they hate the most about the club is that they can't hold on till the final whistle.

This Achilles heel was once again present at the recent two all draw at BMO field against the LA Galaxy.

The Galaxy are the defending MLS champions and yet, TFC should have beat them, but once again in the dying embers of the match they settled for the tie.

TFC have always had a poor defence and it truly is a wonder why a new team to the league like Montreal realises that to start up as a club you should have a Nesta at the back to set your defence on the right track, but TFC does not.

TFC once again seemed primed to disappoint fans, but they do have one redeeming quality this



season they have Ryan Nelson.

Nelson was formerly Premier League Queens Park Rangers captain and star centre back as well as New Zealand's captain and rock in defence.

While he is TFC's manager

for the season, maybe to ensure success this time around he'll pull a Gattuso and lace up the boots to ensure TFC's first league success, a playoff spot.

Harder, better, faster, stronger...smarter?

OTTAWA (CUP) — The stereotype of the dumb jock has consistently been perpetuated by mainstream media. Some people can't help but wonder, "All these people do is skate around a rink or kick a ball, so how smart can they really be?"

According to a recent study by Jocelyn Faubert of the University of Montreal, professional athletes actually learn more quickly than the average student population. The study showed that professional athletes get to where they are not by being big, athletic powerhouses, but by possessing high biological motion perception—or, the ability to track multiple fast-moving objects simultaneously. Think Wayne Gretzky or Sidney Crosby: they are not necessarily the biggest players, but their ability to anticipate the play and know where the puck is going sets them apart from the rest.

"Biological motion perception involves the visual systems' capacity to recognize complex human movements

when they are presented as a pattern of a few moving dots," Faubert states in his study.

In his research, Faubert happened upon a trend which indicated that athletes tended to be quicker and become adjusted to new patterns at a faster rate than the average individual. This led Faubert to conduct a study with CogniSens Athletics, a lab which has access to professional athletes in the National Collegiate Athletic Association, the National Hockey League (NHL), and Major League Soccer. Faubert's study found, with almost no ambiguity, that athletes do learn more quickly than the average university student.

This doesn't mean that athletes are smarter than students in every way—to be smart can mean many things. Einstein was a brilliant physicist, but might not have been a 50-goal-a-year scorer in the NHL had he laced up his skates. Some intelligence relies on quick, instantaneous learning and hyper-

focus, while other intelligence requires long-term concentration and rational induction. An NHL player, though, will generally be able to focus intently for the five to eight seconds necessary to make that outstanding play nobody else could have seen.

Félix Morin, a master's of science student at the University of Ottawa and a member of four intramural hockey leagues, said being an athlete has a positive impact on his school work.

"Although [sports] takes time away from school work, I think it has a positive effect. If being happy makes me more efficient at school and if doing sports makes me happy, then exercise is clearly positive," said Morin.

As to whether being a strong athlete on the ice makes a person a faster learner, Morin was skeptical.

"I don't know if I am a fast learner or not," he said, laughing. "I think I am quicker in some fields, but not as much in others."

Faubert's study highlighted that "professional athletes as a group have extraordinary skills for rapidly learning unpredictable, complex dynamic visual scenes that are void of any specific context." It also found that athletes tend to learn quicker than the average student in kinetic intelligence, as well as in classroom-like settings where the athletes process random information.

Now this is no reason for us non-athletic university students to despair. Crosby or Alex Ovechkin would probably prove quite unable to carry out scientific experiments or lead a political debate in the same way many U of O students can. However, if they faced off against us in a test of processing multiple events in a small period of time, these two guys would most likely put us all to shame.

STC produce The Clockmaker



Photo supplied

STC's The Clockmaker, from Canadian playwright Stephen Massicotte, played from March 21-30.

BY RYEN VELDHUIS

This season the Sudbury Theatre Centre has produced *The Clockmaker*, a story from Canadian playwright Stephen Massicotte of mystery and intrigue, with some deeply relatable issues.

This play centers around the abusing marriage of Freida (Jessica Moss) at the hands of her husband Adolphus (Jay Davis) that forces her to bring a broken clock to a humble clockmaker, Heinrich Mann (Richard Sheridan Willis).

In the meantime, in the illusive 'There', Heinrich meets with the mysterious Monsieur Pierre (Stephen Sparks). The plot progresses as their two

worlds come to a crossroads and interesting truths are revealed.

Moss, who has returned to the STC for her third time, said that this play presented a "wonderful challenge" and allowed her to "stretch acting muscles and to work with three incredible actors."

"I love working at STC," she said. "It's such a terrific community and such a wonderful theatre so it was really thrilling to get to come back here."

Moss was found of working on the production, deeming the structure of the play—in relation to the parallel worlds—"so elegant."

"The amazing thing about

[the production] is the fun of playing back and forth and being two different people—who are technically the same character—in two different worlds in two different timelines and that's a great acting challenge," Moss said.

She said that, in playing the same character in the two worlds, she focused on one centering on forgetting Adolphus' abuse and the horrible while the other self is "fighting to reclaim things that have been taken for [Freida]."

She said it was "a unique challenge trying to forget, trying to remember."

Davis was also pleased to be working on a production with,

what he referred to as, "a really cool concept."

"I'm a sci-fi fan so I'm familiar with this kind of dual reality thing," Davis said. He described the intrigue of the two realities portrayed on stage, and the "bleeding effect" the two realities had on each other.

However, his character, the abusing Adolphus, exists only in one of them.

Davis described the way he played Adolphus as "very simple—black and white" while expressing jealousy and constant suspicion over his wife, Feida.

He said that he was allowed to explore the character and

participated in some interesting exercises in the character development.

"David has really allowed us to try different things and he's done a few exercises," Davis said. "I had one day where I had to say 'fuck' in every sentence that I did, just to give me the sort of intensity that the character needed."

The Clockmaker played from March 21 to March 30 at the STC and was the second last show of the season. Next will be *Suds - The Rocking 60s Musical Soap Opera* opening on April 25.

Sudbury celebrates International Theatre Day

BY RYEN VELDHUIS

International Theatre Day is something celebrated every year in Sudbury. Why not, Sudbury does have an outstanding amount of theatre companies in relation to many cities in northern Ontario, having a new one show up just this year, in fact.

However, not once has a group of these theatre companies strung together to organise a celebration, like Encore

Theatre Company, Le Théâtre du Nouvel-Ontario, Productions Roches brûlée, and Sudbury Theatre Centre have. Starting at 5 p.m. on March 27 at the Fromagrie Elgin, over 20 people attended while quick scenes were done by various members and associates of the theater companies.

Encore Theatre's Artistic Director, Callam Rodya, had "a great time" and felt that "[i]t is so lovely to work in a

community where different companies can come together as colleagues for a common purpose and just share in the magic that is theatre."

Rodya was one of those performing scenes at the Fromagrie and even found his "hastily-rehearsed scene" with Miriam Cusson and Mélissa Rockburn to be the "highlight" of the celebration.

There has been no confirmation if such collaboration will be done again

next year, but until next year there is plenty of time for many possibilities. Regardless, there was a positive attitude by all who attended. "It was such fun," said Rodya.

Thorneloe goes to QUONTA

BY RYEN VELDHUIS

Every year a festival is held for Quebec and Northern Ontario theatre in which both areas bring various productions. Thorneloe has been a member, but has not brought a production there for a few years now.

This year, however, the production of *The Last Days of Judas Iscariot* participated in May, but according to Theatre Chair and director of *The Last Days of Judas Iscariot*, Patricia Tedford, it was not originally the plan.

“Initially it was going to be *Cloud 9*,” she said, but because of the proximity to the festival by this production as opposed to *Cloud 9*, which was done during the fall

term, it was decided *Judas Iscariot* would be the production to go.

Tedford was found of the idea of students having the opportunity to take a show on the road. “It’s been a great experience for the students,” she said. “That’s a really big deal. Very few students get the opportunity in their education.”

When bring the production off the familiar stage onto another, some challenges arise, such as difference in stage shape and size. “The challenges are you don’t have the same space,” she said. “The show might appear differently because the stage wasn’t as deep.”

Also, the technical crew has to arrive at

the new stage earlier to set it up and prepare the lighting for when the performers arrive.

Kelsie Bennett, who played the character Fabiana Cunningham, said it was her first time at QUONTA and that it “was a really cool, but exhausting experience.”

“We had a full tech run right before our show, which was basically like performing twice, and all with just about no sleep... but it was a great challenge,” she said. “The experience as a whole was incredible, and I would do the entire thing over again in a heartbeat.”

Bennett was nominated at QUONTA for Outstanding Female Actor in a Lead Role for her performance.

The production did not proceed to the next stage, but received five nominations including the one previously mentioned.

Marc Lariviere won the award for Outstanding Male Actor in a Supporting Role for his performance as Judge Littlefield.

Tedford was pleased with QUONTA this year and felt that as a whole it was a good communal event.

“I think it’s a really good idea that theatres get together to support each other,” Tedford said. “It’s a nice community in northern Ontario.”

North Road Theatre casts local talent

BY RYEN VELDHUIS

After holding auditions for the part of Thea in North Road Theatre’s upcoming premier production, *Muskeg and Money*, Morgan St. Onge was cast. Born and raised in Sudbury, St. Onge recently graduated from Sudbury Secondary School and is currently taking a few classes there.

St. Onge says she has been interested in theater from a young age. “Ever since I was little I’ve always been putting on plays with my brother for my family and neighbours,” she says. “I did my first play when I was 12 at the STC.”

St. Onge has worked on a number of school-related and volunteer productions over the year and is currently in STC’s original production of *Black Dog: 4 vs the World*.

She first heard of the production through *Muskeg and Money* cast member, Pandora Topp. “She sent me the article saying he was still looking for another actress,” says St. Onge. Afterwards, she went to the auditions and made call-backs.

“I was a little nervous because I had never met [Bill Lane] before and I didn’t know what to expect,” she says. But

after hearing that she got the part, she “was so happy and so excited.”

North Road Theatre founder and director of *Muskeg and Money*, Bill Lane, says that it wasn’t her initial audition that caught his attention, but her adaptability with scenes she had not prepared for. St. Onge “did a really wonderful audition” he says, “but also her cold reading of a scene she had never seen before was extraordinarily good.”

By the end of her audition, Lane was “blown away” and found it “hard to not give her the role.”

St. Onge is very excited to begin work on the production, especially because of its unconventional nature and the familiarity of its ‘small-town’ setting.

“I’m really looking forward to doing this type of show. I think a lot of people in Sudbury are going to enjoy it,” she says.

Cortical Column: the thalamus and hypothalamus

BY LUCAS TESSARO

In this final issue of *Cortical Column* for this academic year, I am going to leave you with the final subcortical structures – the thalamus and hypothalamus.

The hypothalamus, located below the thalamus (hypo- below) is considered the integrator of emotional expression through visceral and somatic outputs. That is, basic but strong emotions that seem to arise naturally and automatically. Somatically, the hypothalamus is highly vascularized because of the numerous hormonal complexes it releases to induce effects all over the body.

For example, thyrotrophin releasing hormone (TRF) stimulates thyrotrophs in the anterior pituitary, which releases TSH (thyroid stimulating hormone), which in turn stimulates the thyroid to release thyroxine which affects all the cells of the body, usually by increasing metabolic rate.

Other important areas of the hypothalamus include the paraventricular nucleus and supraoptic nucleus. The hormones oxytocin and vasopressin are released from these areas, which are important for childbirth and lactation (former) and liquid retention and blood pressure homeostasis (latter).

Two final nuclei I’d like to highlight are the suprachiasmatic nucleus and the ventromedial hypothalamus. In the case of the SCN, photic input from the eyes (light) interacts with the pineal organ of the brain, essential for the establishment and maintenance of Circadian Rhythms. In the VMH, the experiences of satiation from food, appetite, and stomach acidity result from neuronal activity here.

Basically, the hypothalamus is

responsible for the regulation of eating, blood pressure, heart rate, bladder function, body temperature, aggression, sexuality... you get the idea – a lot of autonomic functions.

The pituitary is a subdivision of the hypothalamus, but a separate structure in and of itself. It is composed of the adenohypophysis, the neurohypophysis and the intermedia areas. All of these areas release important hormones to the body inducing innumerable effects. Emphasising the intermedia, MSH or melanin stimulating hormone is produced which leads to skin pigmentation.

One final hormone of great importance in ACTH, or adenocorticotrophic hormone which stimulates the adrenal cortex. Consequently glucocorticoids are distributed such as cortisol, which is involved in the stress response and additionally immunosuppressive. Hence why when you are stressed you tend to fall ill more often.

The thalamus proper has a startling number of nuclei – between 30 and 40 – depending on the method used. Subsequent to the number of nuclei, the thalamus has an equally staggering multitude of functions. However, in general it can be thought of as a ‘switchboard’ of sorts, monitoring and adjusting the amount of information both entering and exiting the cerebral cortex, and some would argue our conscious awareness.

The pineal organ, mentioned above, is the source of melatonin (not to be confused with melanin). Melatonin is a hormone which directly affects and to an extent maintains the sleep cycle, and it’s concentration peaks around 2am. Melatonin is also sensitive to geomagnetic activity, and induces

effects on gonal sizes and hair colour.

Most thalamuc groups affect specific portions of the cerebral cortices. The medial geniculate nucleus receives input from the inferior colliculus, outputs to Heschl’s Gyrus (temporal lobes) and has a function in hearing and pitch. The lateral geniculate nucleus receives input from the optic tract, and consequently plays a role in the transmission of visual stimuli.

The posterior nucleus is the termination point of the major ascending pathways of somatic sensations. Once ‘processed’, information passes on to the somasthetic cortex in the parietal lobes. This area is what is known as the ‘homunculus’, or ‘little man’; the somatic areas of the body are not represented equally in the cortex. Areas with more sensation have more surface area, as shown in the figure.

Finally, the dorsomedial group has major correlates with affective tone of speech, feelings of well being, and the subjective experience of time. The anterior group is part of the ‘Papez Circuit’ or limbic thalamus; a neuronal pathway originally thought to be tantamount to emotional responses, but which recent research suggest plays a more important role in memory.

What better place to end this years’ edition than with the end of the non-cortical structures of the human brain? I hope you have enjoyed reading these columns as much as I have writing them, and also hope you will continue to read next year when we delve into the mushy spaghetti-bowl mass of neurons, known as the cerebral cortex.

Freud and Goethe: A Poetic Journey Into The Psyche

SUBMISSION BY DAVID CHIRKO

Sigmund Freud, neuropathologist and founder of psychoanalysis, who was born in Freiberg, Moravia, had a lifelong affinity for, and was profoundly influenced by, German poet, playwright, novelist, natural philosopher and scientist Johann Wolfgang von Goethe. Goethe was born in Frankfurt am Main and graduated in law, becoming a licensee in 1771. He soon abandoned, reentered, and dropped out again from that profession to pursue a career in literature. As a coincidence, both he and Freud lived for about 83 years.

Goethe, a polymath, would also include him being an influential psychologist in his own right, and he is therefore listed as one of the luminaries in the *Names In The History Of Psychology* tome, by Leonard Zusne. Zusne believed that Goethe begat the phenomenological trend in modern psychology and states, "Goethe also exercised some degree of influence on Sigmund Freud.... In Goethe's writings certain aspects of Freud's libido theory also may be found". Wikipedia lists Freud and his early protege, Carl Jung, as two of the analysts Goethe influenced. Ernest Jones tells us that yet another colleague of Freud's, Sandor Ferenczi, in 1915, actually attempted to apprise Freud he could be compared to Goethe. Freud's response, by letter, to him was: "I really think you are doing me too much honour.... I do not know of any resemblance between myself and the great gentleman...and that not because of modesty".

Freud, like Goethe, originally intended to study law, but altered course and opted for medicine, early 1873, when he heard a University of Vienna professor, Carl Bruhl, lecture, which included a reading from Goethe's essay, "On Nature," praising the purpose and beauty of nature. Said was actually composed, as Goethe conceded, in 1828 by Georg Christoph Tobler. We know that during that era Ernst Wilhelm von Brucke, was the

physiologist and teacher of Freud, whom he deeply encouraged to enter medicine; and Jean Charcot, was the neurologist whom Freud learned much about hypnosis from. However, Reuben Fine declares that "Brucke and Charcot ceased to be his models, instead he identified with Goethe. Like Goethe, he was beginning to extend his findings to the entire range of human activity". Subsequently, as Ronald W. Clark remarked, Freud once said that great writers in general, like Fyodor Dostoyevsky, William Shakespeare and Goethe "had come closer to the fundamental truths of psychoanalysis than had the physicians". Also, Frank J. Sulloway reminds us that Iago Galdston refers to Goethe, as well as Gottfried Wilhelm Leibnitz, and other philosophers, as the ones who anticipated Freudian theory of dream interpretation, metapsychology, Eros/Thanatos instincts (see Jones), repression and the unconscious. In addition, Gregory Zilboorg points out that the aforementioned philosopher(s) subscribed to Romantic medicine, with its poetic and metaphorical phraseology of mystically and ethically probing the soul of the patient; and to Natural Philosophy, predating modern scientific investigation of the cosmos and nature by looking beyond man as a statistical, biological element. He goes on to say that Freud, "...when, under the general influence of... Goethe...discovered the dynamic power of the unconscious and... accumulations of energy and its tensions which now appeared as fantasies...symptoms, and... inarticulate emotions".

An ambivalent Freud was awarded the Goethe Prize for Literature in 1930, on Goethe's birthday--August 28. Alfons Paquet was instrumental in securing the nomination and gave the award to a physically weak Freud in Grundlsee, Austria; the latter's daughter, Anna, at Goethe House in Frankfurt reciting his acceptance speech. Therein, according to William McGuire, father Sigmund's words depicted Goethe as "...a great self-revealer,

but also...a careful concealer". Freud thought that the award, at his age, was more of a bouquet than a determination of one's accomplishments, that wouldn't heal earlier rifts with his colleagues, anyway. The citation was signed by Frankfurt's Mayor, Ludwig Landmann, who extolled Freud for his methodology of natural science, his delving and explaining the similes of incisive writers, which made the motivating forces behind the human personality accessible; and his ascertaining culture and offering a remedy for some of its maladies. Further, psychoanalysis, he thought, advanced the cause of medical science, as well as psychologically assisting those practitioners in the fields of art, education, history and theology. In fact, Landmann believed that that essay attributed to Goethe, "On Nature," was at the very foundation of psychoanalysis. He commented on everything from Freud's "Mephistophelian" surmounting of all that disguises, to his "Faustian" unappeasable manner, in conjunction with his esteem for what creative forces lurk in the unconscious. "Mephistopheles," we should know, was a demonic character from Teutonic folklore, part of the legend of "Faust"--after Johann Georg Faust, a 15th-16th century astrologer. Goethe published Faust in parts, 1790-1832--presaging, perhaps, a supreme battle between the id and the ego! Note, it was the Faust book Freud--during his partnership with Josef Breuer, in their studies on hysteria--went for, when he wished to interject a contemporary's contention, then rising up and exclaiming "Let's see what old Goethe has to say about it". Interestingly, Paul Roazen asserts that a favourite quote of Freud's, regarding beginner's guidelines and eschewing errors in psychoanalytic technique, was purveyed by Mephistopheles: "After all, the best of what you know may not be told to boys". Today Goethe is interred beside Friedrich von Schiller, in Weimar. Peter Gay tells us "Goethe and Schiller, whom Freud could quote by the hour, had sought

the roots of poetic creation in the unconscious". (Goethe, according to Clark, even thinking some of the typing error slips by his amanuensis were unconsciously motivated!) I can add to that because, as I once said, Freud "...found a resemblance of poetry to dreams, propitious in delving the unconscious psyche in therapy...." This was executed through the processes of condensation, displacement and symbolism. Further, "Poetry, like analysis, can be a voice for the unsayable".

Finally, what should forever be conscious is Johann Wolfgang von Goethe's impact on the man who transformed dynamic

depth psychology and created psychoanalysis in the last century: Sigmund Freud. This therefore making Goethe and Freud giants inhabiting the same intellectual fiefdom, where psychology espoused literature, without which there would be no historical reality to extract deep, usable examples of the human personality.

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Column: Academics and athletes similar

BY ANDY VEILLEUX

Academics are a lot like athletes trying to make it to the big show.

One can toil away for years, even decades, hoping to make it to tenure and never get there.

The competition is fierce, and it is a relatively privileged few who make it on to even full professor jobs.

The competition is only getting fiercer, and everyone knows people coming out of university with graduate school completed and still waiting around for jobs, or heavily underemployed.

You see can meet the brightest, nicest and most well-read person, and they might be working alongside you at Chapters or Staples.

The feeling of getting to know some new coworker can be a lot like joining sports leagues when you see that player who just doesn't belong there.

They dangle opponents at will, score in any corner they feel like and always win the ball or puck from others, but they never found a steady home as a professional.

They might have played in the Ontario Hockey League, or even the East Coast Hockey League, but they never found their way into high-paying European contracts or the American Hockey League/National Hockey League.

The academic version of this is the “per-course instructor” and “part-time professor,” which litter schools across Canada.

These instructors commonly make something around \$5,000 per course, and might only teach a course or two per year for the first few years.

One professor I knew had taught for seven years – and is still teaching – less than five courses a year.

He referred to part-time teaching as the “ghetto” of university teaching, which was never talked about.

In sports, we call this notion of holding and hoping to make it “humping the dream.”

I'm not sure there is a term in the strange world of academia, but maybe the sports term fits.

These academics, just like athletes, will have spent the greater portion of their lives trying to make it and will often find themselves locked into a bit role below their dream job.

Scorers become grinders, or healthy scratches, just as Immanuel Kant scholars become per-course instructors and biochemists become high-school teachers or private tutors.

For some scholars, PhDs are the golden ticket, but this is deteriorating rapidly, and a PhD is no longer any sort of security or guarantee of an academic job.

Many with PhDs are unable to to get per-course instructor jobs, just as so many athletes are unable to even make a living in their chosen sport.

The comparison might be a difficult one for some people, particularly because of the arguments about how expensive university education is, but

those arguments do not take how expensive sports are into consideration.

The cost of a child playing a sport like hockey from the time they around five until they are even 16, including hockey camps, equipment, registration, ice time, and all the miscellaneous other factors is easily over \$100,000.

An article on the cost of hockey that detailed the cost of Patrick Kane's and Jonathan Toews' upbringing saw figures closer to \$200,000.

Not to mention a PhD, or even a master's degree, leaves an individual much more employable than toiling in low-end professional hockey league for many years just making it by.

There are no scouts looking to find a gem among the per-course instructors and underemployed PhD graduates.

School, like sports, often forces an individual to pour their life into it, which often leaves them without the vital work experience and extra-curricular activities that make resumes sparkle.

Ironically, a PhD often leaves graduates over-qualified for some careers they may consider.

All of this means that students going through graduate studies should do what they can to add a practical edge to their studies in order to make themselves more employable at the end.

Education is certainly not all about being employable and what career one ends up in, but the reality is that we all have to eat.

Column: University education valuable and overrated

BY ANDY VEILLEUX

There are an untold number of quotes from famous writers about education.

There are also so many famous analogies – from Kanye West to Steve Jobs – of highly successful drop-outs who people always bring up to “prove” the uselessness of education.

Well, anyone with half a brain could tell you these anomalies are few and far between, if not nearly mathematically impossible.

There are also some famous quotations that do not preach everyone should throw away the idea of getting an education, although they do provide interesting thoughts on education.

Mark Twain is famously quoted as having said something like, “I have never let my schooling interfere with my education,” and any Google search will bring up hundreds, if not thousands of references like that from Twain.

It is unclear whether Twain ever said that line, or if it was Grant Allen, but the idea of it is the same. Schooling is merely one piece of the puzzle when it comes to one's education.

One can read hundreds of books on France, take years worth of French courses and still not understand the country like someone who has lived there.

There is another quote worth mentioning about education, and it concerns the way that students are often herded into post-secondary education.

The quote itself is about the education system in general, presumably the American educational system as Charles Bukowski is an American poet, but it applies well to post-secondary education.

Bukowski says “our educational system tells us that we can all be big-ass winners. It hasn't told us about the gutters or the suicides,” in his famous poem, the crunch.

It is a particularly depressing look at the role of society in education, but it brings us a great point: Throughout our education we are constantly fed these ideas about how education is a ticket some utopic life, especially a university education, and this line of thinking has dramatic consequences.

I think that telling kids about the value of university education is important, but I think

that the sales pitch is one of more hype than substance.

My generation – mid-twenties – were mostly pushed towards university education and told that it was the key to success.

I can tell you that many of my friends who did a bachelor's degree and no further education ended up working at jobs where they didn't need a bachelor's degree to begin with.

Sure, they got a fairly liberal education – although many may debate about that – but they didn't get the job they were expecting.

I'm not implying university is all about the job afterwards, but we all have to eat and live.

Maybe the system, or how it is being promoted, has to change.

I see so many people coming out of university having either not worked at all, except some trivial summer job, or having worked at some inconsequential part-time job for years.

I was always told I should stop working while I was in school, and I am still being told that by some professors I speak to, but I think they are missing some fundamental concept of education.

Education is not merely about how much information one can cram into their head in a boring classroom.

Education is a collection of knowledge and experience that is gathered in all situations of life, not just in a school setting.

Working jobs – from carpentry to journalism to community development – have given me a fuller understanding of life and the way our society operates, and certainly one that I could not have understood from sitting at my desk.

There is certainly a lot of value in a university education, but I think that it needs to be presented as it is, and not in such an idealistic fashion.

I believe having well-educated citizens is critical to Canadian society, but people who opt to build houses or fix pipes for a living are also integral.

It all comes down to finding the right mix between the idealistic dream world universities are selling, and the world where we eat and sleep and pay rent.

Laurentian students experience Jamaica

LAMBDA SUBMISSION

What did you do over your reading week? As part of the course GEOG 3196, on Feb. 13 seven students, professor Virchez and a Sudbury lawyer set out to Kingston, Jamaica for 10 days and had the experience of a lifetime. With being the first set of students to complete this experience, it was hard to truly know what to expect and if this trip would be as emotionally up lifting as it was. This trip was so much more than just a vacation it provided the opportunity for us to be submerged in the culture, try new foods and make lasting friendships with some of the locals.

Setting foot in Jamaica none of us knew what to expect, with our guide Gerry, a Sudbury lawyer, by our side we set off to our building location and began our experience in the best way possible.

Building this house gave us the opportunity to not only bond as a group but also build a bond with the family we were building for, working side by side with one another, sharing skills and leaning on one another for support every step of the way. “It is hard to believe what four thousand dollars could accomplish, providing enough materials to build a 12-foot by 12-foot structure where Valerie will call home” said Laurentian University student Amanda. The family welcomed us with open arms and treating us as their own. It seemed that everyday the Haynes family would provide us insight into the Jamaican culture. Even though they didn't have much to offer they still tried to provide us with authentic Jamaican treats like Coconut water, sugar cane and even Jamaican patties on the last day.

Valarie is a mother of three and a grandma for many more. This house gave her a space to call her own after sacrificing so much for her family and friends. Valarie is a lady who has always put her family before herself, previously living with three of her grand children; she now has her own space. When building in Jamaica, Gerry always places an awning on the house to allow for future building and distinguish him from the rest. Valarie was very excited about this special build as it gives the opportunity to establish a new meeting spot for the women in her life. “It was very refreshing to see how a women can be so grateful for having so little, and it has made me appreciate all that I have” says Laurentian University student Samantha.

Even though the main focus of this trip was

to build a house, the geography students were excited to explore the island. We not only got to see the cultural aspect of the island but also some of the great landscapes its has to offer. Between climbing the Dunn River Falls in Ocho Rios to having our own private beach in Lime Cay. A major highlight for most of us would have been meeting some of the local celebrities at the Bob Marley Museum, as this gave the students a mini vacation for all their hard work. Throughout our journeys we also got to learn some Jamaican patois; wagwan meaning, “what's up?” was the favourite of our group.

This experience will forever be in our hearts and would recommend anyone take it as part of their university experience. So we are asking you what will you do your next reading week?

LU students answer questions from Matawa community

BY WILLIE POLL

On March 21, nine Biology students gave a presentation at the Living with Lakes Centre, through video conferencing, to the Matawa first nations people, who were gathered in Thunder Bay.

The nine student attempted to answer some of the questions the Matawa first nations people had in regards to the ring of fire in the Attawapiskat region. The class was taught by Dr. John Gunn, the Canada Research Chair Tier 1 for Stressed Aquatic Systems Director at the Living with Lakes Centre.

"This idea began back in November where Dave, in his travels with the Matawa first nations communities, and some of the leadership that they have in their office was gathering up questions and science information needs that they had to asses," Gunn said. "What better thing for students to do than to involve themselves in a real life fact finding mission."

Each of the nine volunteers chose a different question, which the Matawa first nations proposed. Questions ranged from

small hydro development, road development, invasive fish specie and new disease, climate change effects on fish species, melting ice, chromite development and more.

"We've been working for three months now for the answers for the questions," Gunn said. "And in Thunder Bay today the nine communities that make up the Matawa community council are meeting and having a social event and part of the event will be to make use of their new video conferencing facility and get the information from Laurentian student that they requested."

With new natural resource findings, it is predicted by Living with Lakes that the community around the ring of fire will be growing rapidly and a city the size of Sudbury will be implemented there.

"This stuff is so fresh because it's daily in the news," Gunn said. "And I think everybody is a little nervous about that because the issues are so large. Should there be billions of dollars of development in a pristine environment? And can that happen without damages and

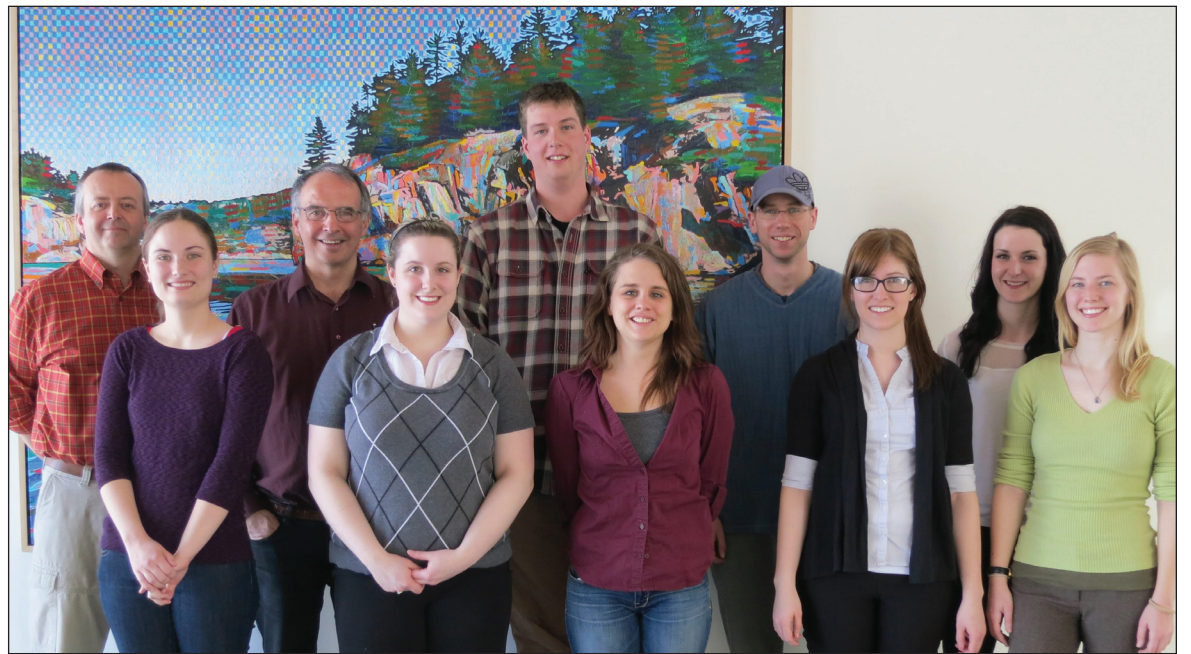


Photo supplied

Nine students from the Biology program participated in a conference call with the Matawa first nations people.

will the communities benefit? And other large questions like these."

As Sudbury is a mining town, Gunn does not want to see history repeat itself in the way that Sudbury had done, where the environment was not taken into consideration. According to

Gunn, there were horrendous results in Sudbury when the main focus was economical gain, and not environmental effects.

"Sudbury did rehabilitate itself at great costs with billions of dollar spent to clean up the mess," Gunn said. "And in time the city did

rejuvenate itself into a very, very livable pleasant city and we hope the transition in the north can go directly to this stage without an intermediate damage stage."

LU Veg Heads hold workshop on energy foods

BY MATT RABEY

The LU Veg Heads is one of Laurentian University's most recently founded clubs.

On March 25 the LU Veg Heads club held a workshop in room L-239.

The workshop was to educate students on simple healthy recipes to give students energy during exam time.

"The Veg Heads put this on because exam time is crunch time," said Zach Richer, a member of the LU Veg Heads and first year Labour Studies. "So we felt like it would be good if we got people a little bit more knowledge about brain foods that give people a little bit more energy or an advantage for their exams."

All of the recipes were strictly vegan and also did not require any cooking.

The members of the LU Veg Heads, with detailed descriptions of the preparation and ingredients, prepared all of the recipes in front of those in attendance.

Some of the recipes that students were shown at the workshop included a green smoothie, carrot cake balls, banana ice cream as well as others.

To make the green smoothie, the recipe

called for a green tea base, mint leaves, basil, avocado, kale, spinach, cucumber, banana, lime, agave nectar, frozen raspberries and frozen blueberries.

All of this was put into a blender until smooth and then it was ready to be served.

To make the carrot cake balls, the recipe required: carrot, dates, walnuts, coconut, cranberries, cinnamon and fresh ginger.

Everything was taken and then blended until it became a thick putty like mixture.

This was then taken and rolled into bit side ready to eat balls.

The club also had suggestions on where to get the ingredients for the recipes such as Eat Local Sudbury, located near Nibblers in the downtown.

Also, for athletes who need more protein in their diet, the LU Veg Heads recommend Vega One protein powder which is a completely vegan protein powder for post workout recovery.

The event was to inform students on healthy vegetarian choices and as one could see, "people writing recipes down," the workshop "went well" according to Richer.

Nearly 150 attend Festa Fiesta

BY KAYLA PERRY

Laurentian's annual Festa Fiesta was held last month, on March 9, at the Caruso Club.

The all ages, semi formal event, was open to the public as usual. The event featured one hour of open bar, an all you can eat Italian Buffet, a DJ, a red carpet, and many games.

The Fiesta was equally organized by the Hispanic club and the Italian club, and had an attendance of almost 150 people.

Mandy Defresne, a fifth year Concurrent Education Program student, was among those who attended the fiesta this year.

Defresne, who had also attended last year, "had an amazing time. The food was delicious and it was great to have a night out with my old friends I hadn't seen in a while." She particularly enjoyed the games that were played, such as a limbo contest and a piñata bashing.

"I participated in one (game) where we had to grab items from people within the hall – people got pretty competitive" said Defresne.

The buffet supper was followed by a scavenger hunt game, and the dance floor opened to guests at 9 pm. At 10 p.m. the guests played human musical chairs followed by the breaking of the piñata, and the night ended with the limbo contest.

Winners were awarded prizes from the nights many sponsors, and the DJ hosted many of the games.

Paulina Siller Luna, president of the Hispanic Club, was pleased with how the night unfolded.

"I thought it was really fun" said Siller. "We tried so hard to improve it compared to last year and the years before that – those years were so good, but we wanted to make sure everything was great."

Siller, who is also a fourth year communication studies student, said that the open champagne bar is always a hit at the fiesta. "It's always really fun, people love it" said Siller.

Similarly, Elena Kafie, the VP of the Hispanic club and a fourth year LU student, had a great time at the fiesta.

"I think that everybody had a great time – we got a lot of positive feedback from everyone" said Kafie. "(The Hispanic club) went out with a bang this year."

The funds raised go towards the Hispanic club, and are used for the clubs activities in the following year.

This year was the Italian club's 25th anniversary, and Siller is "proud that the night went so well."



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